College of Charleston  
Department of Health and Human Performance  
“Martial Arts” PEAC 103- 02  
Fall 2017, 2 semester credit hours

Instructor: Mrs. Lisa McQuade  
Office: Silcox 223 (located in hallway behind Silcox Gym)  
Office hours: Wednesday & Friday 1:00-2:00 pm AND by appointment  
Phone: CofC: 953-5558 (Dept. Office);  843-277-5879(CELL)  
Email: mcquadelm@cofc.edu  
Course meeting: Monday, Wednesday, Friday 11:00-11:50 am  
Silcox Gym

CofC Course Description An introduction to the theory and application of Asian martial arts in modern, everyday life. An activity course in which the basics of a martial art will be learned through lecture, demonstration and laboratory experience.

Instructor’s Intention:  
The student will participate in Shotokan Karate. The three components of karate practice will be covered: Basics “kihon” (blocks, punches, kicks and stances) Forms “katas” (pre-arranged movements simulating combat situations) and Sparring “kumite” with an opponent. Training will concentrate on both the physical and mental aspects of practice. Students will participate in a skill test at the end of the semester.

Required Course Readings will be found on OAKs course page. Also ska.org is good resource.

Equipment: White karate uniform (comfortable cloths can be worn the first week of class)  
Mouth & hand guards recommended  
Approximate cost $35

As a result of participating in PEAC 103: Martial Arts, students will be able to:  
• Recall the basic history of Shotokan Karate.  
• Distinguish the three elements of karate practice: Kihon, Kata and Kumite (basics, form, sparring).  
• Execute basic blocks to protect face, stomach and groin.  
• Execute basic kicks to the front, side and back of body.  
• Execute basic punches: front, reverse and jabs and hook.  
• Execute and distinguish the difference between basic stances: front, back and horse.  
• Comply with basic one and three time engagement sparring etiquette, with control.  
• Demonstrate while being aware of the meaning of each technique being executed.  
• Employ basic training principles: respect, endeavor, faithful, honesty, and refrain from violent behavior.  
• Recognize what to look for in a community class for one’s personal growth and enjoyment.
Evaluation: DATES WILL BE POSTED ON OAKs
1. Attendance & Participation – 40%
2. Skill Test 20%
3. Assignment & Exams 20%
   - Safety Assignment-20 points
   - Vocabulary test can be taken up to 5 times to improve score-20 points.
   - Online Final Exam.-50 points
4. Outside Class Observation and 500 word Reflection -20%

Education, Health & Human Performance Grading Scale:

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<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>Points</th>
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<tbody>
<tr>
<td>A</td>
<td>93-100%</td>
<td>4.0</td>
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<tr>
<td>A-</td>
<td>91-92%</td>
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<tr>
<td>B+</td>
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<td>C+</td>
<td>82-83%</td>
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<tr>
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<td>79-81%</td>
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<tr>
<td>C-</td>
<td>77-78%</td>
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<tr>
<td>D-</td>
<td>70-71%</td>
<td>0.7</td>
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<tr>
<td>F</td>
<td>0-69%</td>
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ATTENDANCE:
Each student is ALLOWED Four (4) absences without final grade penalty. On the fifth (5th) absence and each absence after that the final grade will be dropped five (5) grade points per absence. If you are late for class three (3) times this will count as an absence.

- If you are late, it is your responsibility to come to me after class to mark you as such, otherwise you may be marked absent.
- If you are on a CofC team leaving for a game or are participating in a CofC function this will be excused. YOU MUST PROVIDE A NOTE (e-mail) FROM THE COACH OR TEACHER.
- If you are ill, this will count toward the ALLOWED absences; anything beyond this will be reflected in the attendance grade. NO EXCEPTIONS.
- If you have a religious holiday, you must plan for this, it is not an additional excused absence.
- Students may be dropped from this course, as is the CofC policy, for excessive absences or tardiness as determined by the Instructor.
- Basically, these are like “sick/vacation leave” at a job, use them as you wish, but you do not get any extras.
- You may view your attendance on OAKs using the management heading. Make note of lateness, recall 3 will equal and absence.

Making up Absences & Exams

Absences: Students can make up a maximum of two classes.
Participate in Shotokan Club class- Meets- Monday, Wednesday, Friday 6:30pm-8pm, Johnson Physical Education Center, Rm J201-Students, faculty and staff welcome. No experience required. There will be a drop box, place contact instructor’s name. I will check on this. Submit observations of your experience in a 500 word statement. Please use proper English, this is not a text message or a tweet.
**EXAMS** You must contact me via cell phone, text message or email, if you find you are ill that morning, **before class**. If you do not, you will receive a **zero (0)** on the exam/practicum. If you know of a conflict such as a CofC team competition, you must make arrangements **prior** to the exam/practicum date, otherwise you will receive a zero (0). Make-ups will be arranged primarily during my office hours. I will **NOT** accept CofC absence forms as a means of communicating your absence, I may however, confirm them.

**Policies**

**College of Charleston Student Handbook**: This is a guide to your responsibilities and rights as a student. If you are not familiar with this document, please take the time to review the information contained within the handbook. [www.cofc.edu/studentaffairs/general_info/studenthandbook.html](http://www.cofc.edu/studentaffairs/general_info/studenthandbook.html).

**Classroom Behavior**: Students at the College of Charleston are expected to be at all times in compliance with the Honor Code. Failure to abide with this code will not be tolerated in this course. Examples of inappropriate classroom behavior include behaviors that disrupt instruction by the professor and/or learning of classmates and behaviors that threaten, harass, or discriminate against others. Students who engage in inappropriate classroom behavior will be asked to leave the classroom, will receive no credit for attendance and in-class activities for that day, and must meet with the instructor prior to returning to the next class meeting. Severe cases of inappropriate behavior will be referred to the Dean of Students for appropriate disciplinary action. **Please take a moment to use the bathroom before the start of class. Students leaving class can be disrupting.**

**Electronic Device Policy**: Please turn off all electronic devices during class and place them with you belongings along the back wall, **NO CELL PHONES ALLOWED**. Texting is not permitted in class. **Students caught texting will be warned (first time), dismissed and marked absent (second time), and receive a 10 point reduction on their final grade (third time).**

**Disability**: In compliance with the Americans with Disabilities Act (ADA), all qualified students enrolled in this course are entitled to “reasonable accommodations.” Please notify the instructor during the first week of class of any accommodations needed for the course.

**Reserve clause**: As we progress through the semester we may find we are ahead of the class outline or behind. This has to do with the knowledge the students bring to the class as well as the time allotted for the class. The instructor may make changes to this syllabus. Students will be informed promptly of any changes as they occur.